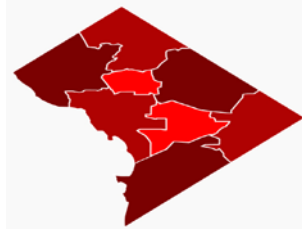


District of Columbia
Commission on Aging
"Representing 100,000+ and Growing"

AGING TODAY

May 2011



COMMISSION MEMBERS

WARD ONE

Jacqueline C. Arguelles

Chairperson

Brenda Williams

WARD THREE

Gene Coffey

Ruth Nadel

WARD FOUR

Annette Jones

Nell M. LaBeach

Samuel E. McCoy

WARD FIVE

Harriet Brockington

WARD SIX

Don Colodny

WARD SEVEN

Elfrida R. Foy

WARD EIGHT

Alethea Campbell,

Vice Chairperson

Shirley Thorne



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NEWS ALERT

MAYOR VINCENT C. GRAY APPOINTS EXPERIENCED ADVOCATES TO AGING AND VETERANS AFFAIRS POSTS

Mayor Vincent C. Gray announced on March 22 that he would appoint two advocates with extensive experience in their fields to direct the D.C. Office on Aging and the Office of Veterans Affairs.

John Thompson will head the Office on Aging and Matthew Cary is the pick for the Veterans' Affairs post.

"These two advocates have long worked for the betterment of our senior citizens and our veterans," said Mayor Gray. "I'm proud they are willing to leave private-sector organizations to help ensure that our seniors and veterans here in the District get the services and support they need."

John Thompson is the Senior Policy Advisor for the National Association of States United for Aging and Disabilities and the Director of the National Aging Information & Referral Support Center. He has worked in multiple capacities in the health-care world, including in private health, public health and health-care education. He has a bachelor's degree in biology from the University of South Carolina, master's degrees in health-services management and business administration from Webster University; and a Ph.D. in health services from Walden University. He is a Ward 5 resident.

Matthew Cary has nearly four decades of experience in public policy and advocacy, including his most recent position as the founding President and Executive Director of Military Families for Progress, a 501(c)(4) non-profit organization that advocated on a number of issues important to veterans and veterans' families. He has previously served in a number of advocacy and public-policy roles in the public and private sectors. He has a bachelor's degree from St. Bonaventure University and a master's degree in public administration with a concentration in urban affairs from American University. He lives in Ward 1.

They both have to be confirmed by the D.C. Council. No confirmation hearing date has been set as of this printing.

AGING BUDGET INTACT

The Mayor's release of FY 2012 Local Budget to the Council which was submitted on April 1 calls for DCOA funding to be at same level as FY 2011 of \$16,165,000. This will ensure that there will be no major disruption or serious reduction to service delivery to the Washington elderly. The City Council has until May 24th to make changes to the Mayor's proposed budget.

Jacqueline Arguelles Excerpt from April Hearing before the Committee on Aging and Community Affairs on FY 2012 Budget:

"HOWEVER, WE HOPE THE COUNCIL, IN ITS DELIBERATIONS, CAN FIND ANY ADDITIONAL FUNDS THAT CAN BE PROVIDED TO ALLOW THE OFFICE ON AGING TO SERVE MORE SENIORS, NOT JUST MAINTAIN THE CURRENT LEVEL".

SENIORS SERVING THOSE IN NEED

The Institute of Gerontology's Senior Companion/Respite Aide Program is celebrating 31 years of service to the senior citizen community of Washington, DC. Over the last three decades, the Senior Companion Program funded by the Corporation for National and Community Service, has recruited and trained thousands of senior volunteers who are 55 years and older living in the District of Columbia to serve other District citizens in their places of residence and at group facilities such as: public housing projects, senior centers and hospitals. The Respite Aide Program funded by the DC Office on Aging has served to ease the load of family caregivers by providing short-term relief to them. This has enabled caregivers to engage in employment, social, personal, and educational activities. These dedicated volunteers assist many frail elderly persons by running errands, light housekeeping, meal preparation, and many other activities so that they may remain in their home rather than be institutionalized.

On April 21, 2009, President Obama signed the Edward M. Kennedy Serve America Act. In his speech he called on every American "to make an enduring commitment to serve your community and your country in whatever way you can and together, we will measure our progress, not just in the number of hours served or volunteers mobilized, but in the impact our efforts have on the life of this nation."

The 31st Annual Senior Companion/Respite Aide Recognition Day Program will take place:

Wednesday, May 11, 2011 at 11:00 am

Vermont Avenue Baptist Church

1630 Vermont Ave. NW Washington, DC 20009

If you have any questions, you may contact Laurie at (202) 274-6659.

HOMESTEAD DEDUCTION & SENIOR CITIZEN OR DISABLED TAX RELIEF APPLICATION STREAMLINES

The District of Columbia Office of Tax and Revenue (OTR) announced recently that it has revised the Homestead Deduction and Senior Citizen or Disabled Tax Relief application to streamline the processing for homeowners. With this new revised application, homeowners are not required to provide supporting documents when submitting the application. OTR will audit all applications for accuracy.

Effective May 2, 2011, OTR will no longer accept outdated applications. Outdated applications will be returned to the applicant. Homeowners are encouraged to complete the application at settlement and have the settlement company file the application on their behalf.

The Homestead deduction reduces a real property's assessed value by \$67,500 prior to computing the yearly tax liability. The senior citizen or disabled tax relief reduces the tax bill by 50 percent.

Owners of properties receiving these tax benefits are responsible for notifying OTR when eligibility ceases. Written notice, including the square and lot of the property, or a completed Homestead cancellation form, must be sent within 30 days of a change in ownership or owner-occupancy status.

The newly revised application and the Homestead cancellation form are available on OTR's Web site under "Tax Forms/Publications."

METRO VOLUNTEER AND TRAINING HELP NEEDED

VOLUNTEERS SERVE AS VOICE FOR RIDERS WITH DISABILITIES, SENIOR CITIZENS

Metro is looking for riders with disabilities and senior citizens to fill 14 available positions on the volunteer Accessibility Advisory Committee. Positions are available for District of Columbia, Prince George's County, Montgomery County, Fairfax County, Arlington County and City of Alexandria residents. The committee's efforts have resulted in numerous service upgrades, including gap reducers which make it easier for riders who use wheelchairs to board Metrorail trains.

Metro is looking for customers who ride Metrobus, Metrorail and MetroAccess, and are not Metro employees, contractors or elected officials to fill the vacancies. All positions are unpaid. Metro's Board of Directors will make the final selection of candidates.

Applications can be found online at www.wmata.com/aac, in person at Metro Headquarters, 600 Fifth Street, NW, and at Metro Sales Centers at Pentagon, Anacostia, and Metro Center Stations, or by calling 202-962-6060.

May 10 Train the Travel Trainers Workshop

The Metro Department of Access Services and its Office of ADA Programs (ADAP) **FREE** Train the Travel Trainers Workshop.

The free one-day workshop will be held on Wednesday, May 10, 2011 from 10 am to 3:00 pm at Metro headquarters in the Jackson Graham Building, 600 5th Street, NW, Washington, D.C. in the Lobby Level Meeting Room. A box lunch will be provided.

Through this initiative, ADAP conducts free individual and group travel training to teach people with disabilities and senior citizens how to travel safely and independently on Metrobus and Metrorail.

For more information about the Train the Travel Trainers Workshop or the Metro is Accessible program, please feel free to contact Rikki Epstein at 202-962-1125 or repstein@wmata.com.

Older Americans Month 2011

Connecting the Community



May is Older Americans Month 2011

Each year the Administration on Aging (AoA) issues a theme for Older Americans Month to plan for activities that might take place in May or throughout the year. The theme of this year's celebration-Older Americans: Connecting the Community-pays homage to the many ways in which older adults bring inspiration and continuity to the fabric of our communities. In addition, the District of Columbia is also designating May as “**Older Washingtonian Month**” to recognize the contributions and achievement of our oldest residents.

The 28th Annual DC Senior Olympics Games ► May 2 -6, Various Times and Locations

2011 DC Senior Games May 2 -6, 2011

April 25th deadline for registration

(fee \$15 includes registration and t-shirt) Register Now! Online at dpr.dc.gov or at DPR centers.

Monday Event	Start Time	End Time	Location	
Opening Ceremony	10:00 AM	12:00 PM	Deanwood Gymnasium	
3 on 3 Basketball	2:00 PM	3:00 PM	Deanwood Gymnasium	
Free Throw Basketball	1:00 PM	1:30 PM	Deanwood Gymnasium	
Spot Shot Basketball	1:30 PM	2:00 PM	Deanwood Gymnasium	
Bowling - Singles	2:00 PM	5:00 PM	Rinaldi's Riverdale Bowl	Bring \$7.50; check in at 1:00 PM
Tuesday Event	Start Time	End Time	Location	
10K Run	8:00 AM	2:00 PM	Coolidge Track	
50M Dash	9:00 AM	2:00 PM	Coolidge Track	
200 yard Butterfly	9:00 AM	11:00 AM	Takoma Aquatic Center	
200 yard Backstroke	9:00 AM	11:00 AM	Takoma Aquatic Center	
500 yard Freestyle	9:00 AM	11:00 AM	Takoma Aquatic Center	
400M	9:15 AM	2:00 PM	Coolidge Track	
1500M	9:30 AM	2:00 PM	Coolidge Track	
Long Jump	10:00 AM	2:00 PM	Coolidge Track	
Shot Put	10:00 AM	2:00 PM	Coolidge Track	
Softball Throw	10:00 AM	2:00 PM	Coolidge Track	
100M Dash	10:15 AM	2:00 PM	Coolidge Track	
5k Run	10:30 AM	2:00 PM	Coolidge Track	
Discus	11:00 AM	2:00 PM	Coolidge Track	
Football Throw	11:00 AM	2:00 PM	Coolidge Track	
800M Run	11:15 AM	2:00 PM	Coolidge Track	
Fun Walk	11:45 AM	2:00 PM	Coolidge Track	
200M Run	12:00 Noon	2:00 PM	Coolidge Track	
1500M Race Walk	12:30 PM	2:00 PM	Coolidge Track	
Bowling - Doubles	2:00 PM	5:00 PM	Rinaldi's Riverdale Bowl	Bring \$7.50; check in at 1:00 PM
Wednesday Event	Start Time	End Time	Location	
Softball	10:00 AM	1:00 PM	Riggs LaSalle	
Horseshoe Pitch	10:00 AM	1:00 PM	Kennedy	
Golf (Chipping & 18 Hole)	10:00 AM	1:00 PM	Langston Golf Course	Additional fees will be applied
Singles Tennis	10:00 AM	1:00 PM	Southeast Tennis & Learning Center	
25 yard Butterfly	9:00 AM	11:00 AM	Takoma Aquatic Center	
50 yard Backstroke	9:00 AM	11:00 AM	Takoma Aquatic Center	
100 yard Breaststroke	9:00 AM	11:00 AM	Takoma Aquatic Center	
200 yard Freestyle	9:00 AM	11:00 AM	Takoma Aquatic Center	
100 yard Freestyle Relay	9:00 AM	11:00 AM	Takoma Aquatic Center	
100 yard Backstroke	11:30 AM	3:00 PM	Takoma Aquatic Center	
25 yard Breaststroke	11:30 AM	3:00 PM	Takoma Aquatic Center	
200 yard Individual Medley	11:30 AM	3:00 PM	Takoma Aquatic Center	
50 yard Butterfly	11:30 AM	3:00 PM	Takoma Aquatic Center	
200 yard Medley Relay	11:30 AM	3:00 PM	Takoma Aquatic Center	
Thursday Event	Start Time	End Time	Location	
100 yard Freestyle	9:00 AM	11:00 AM	Takoma Aquatic Center	
25 yard Backstroke	9:00 AM	11:00 AM	Takoma Aquatic Center	
50 yard Breaststroke	9:00 AM	11:00 AM	Takoma Aquatic Center	
25 yard Freestyle	9:00 AM	11:00 AM	Takoma Aquatic Center	
100 yard Individual Medley	9:00 AM	11:00 AM	Takoma Aquatic Center	
200 yard Freestyle Relay	9:00 AM	11:00 AM	Takoma Aquatic Center	
Doubles Tennis	10:00 AM	1:00 PM	Southeast Tennis & Learning Center	
100 yard Butterfly	11:30 AM	3:00 PM	Takoma Aquatic Center	
50 yard Freestyle	11:30 AM	3:00 PM	Takoma Aquatic Center	
200 yard Breaststroke	11:30 AM	3:00 PM	Takoma Aquatic Center	
100 yard Medley Relay	11:30 AM	3:00 PM	Takoma Aquatic Center	
Friday Event	Start Time	End Time	Location	
Billiards - 8 Ball	10:00 AM	1:00 PM	Kennedy	
Table Tennis	10:00 AM	1:00 PM	Kennedy	



Older Americans Month Activities

“Connecting the Community”



The 31st Annual UDC Senior Companion/Respite Aide
Recognition Day
► **May 11, 2011**

The 31st Annual Senior Companion/Respite Aide Recognition Day Program will take place:

Wednesday, May 11, 2011
11:00 am
Vermont Avenue Baptist Church
1630 Vermont Ave. NW Washington, DC 20009

. If you have any questions, you may contact Laurie at (202) 274-6659.

Barney Senior Program Live Concert (Wards 1 and 4)

► May 13 , 10 am – 2 pm



Entertainment, Lunch, Information and Health Exhibitors.

19th Street Baptist Church
5704 16th Street NW
202-939-9020

East River FSC and Community Partners Presents:
Second Annual
Enhancing the Health and Safety of Older Americans
SENIOR AWARENESS EVENT: WORKSHOP AND HEALTH FAIR
► May 13, 10:00 am – 4:00 pm,

Registration at 9:00 am, Continental Breakfast at 9:30 am
Door Prizes • Exercise • Guest Speakers • Comedy and Entertainment

Washington Seniors Wellness Center, 3001 Alabama Avenue SE
202-534-4880

Older Americans Month Activities

“Connecting the Community” 

ACCESS HOUSING- OUTDOORS UNDER THE TENT
(WARD 8)

► May 19, 10 am -2 pm

4301 9th Street SE
202-562-6860

Seabury Older Americans Month Senior Event

(Ward 5)

► May 20, 10 am – 2 pm

North Michigan Park Recreation Center
1333 Emerson Street NW
Health Screenings, Exercise with Kojo, Lunch and DJ
202-529-8701

Emmaus Services for the Aging Young At Art
(Ward 2)

► May 17, 10:00 am – 2:00 pm



A Senior Art Show for Ward 2
Celebrating Older Americans Month
With Performances, Poetry, Paintings, & More

Kennedy Recreation Center 1301 7 Street NW
202-745-1200

South Washington Older American Month Event
(Ward 6)

► MAY 18, 10:00 am – 2:00 pm

Sherwood Recreation Center, 1000 G Street NE

202- 608-1340

Older Americans Month Activities

“Connecting the Community”



IONA'S 2011 Education, Advocacy & Engagement Forum and Award (Ward 3)

► MAY 19, 10:00 am – 2:00 pm



Place: Tenleytown Library, 4450 Wisconsin Ave NW

Reception afterwards : IONA Senior Services 4201 Albemarle Street NW

For more info contact Lylie Fisher at Lfisher@iona.org or 202-966-1055

2nd Annual Prom for Seniors: The East River Swing “A Celebration of Stars” (Ward 7)

► May 19, 4 pm - 8 pm

Project KEEN SENIOR PROGRAM PRESENTS



Satellite Room - St. Luke's Center 4923 East Capitol Street, SE Washington, DC 20020

Enjoy Dinner, Dancing and a Hand Dance Performance!!

St. Lukes Center, 4923 East Capitol Street SE

202-534-6860

18th Annual Senior Health and Fitness Day ► May 25, Different Wellness sites and times



2011 Theme: "Make Fitness a Goal for Life!"

Visit one of our Wellness Centers:

Ward One (Ward 1) 202-727-0338

Congress Heights (Ward 8) 202-563-7225

Hattie Holmes (Ward 4) 202-291-6170

Model Cities (Ward 5) 202-635-1900

Washington Seniors (Ward 7) 202-581-9355

D.C. DEPARTMENT OF PARKS AND RECREATION



SENIOR PICNIC

Kenilworth Parkside Recreation Park
4300 Anacostia Avenue N.E.
Thursday, June 9, 2011
10 am – 2 pm

The senior picnic is where seniors from all over the city enjoy socializing with each other while enjoying live entertainment, music, various board games, various health exhibits and a very nice lunch out on the park site.

SENIOR LUNCHEON CRUISE

600 Water Street, SW
Friday June 24, 2011
10 am – 2 pm

Seniors within the District of Columbia will enjoy a lovely buffet style lunch, various games, and a variety of live musical entertainment featuring the cruise ship staff while cruising down the Potomac River.

SENIOR FUN CAMP

CAMP Riverview
Scotland, Maryland
Monday, August 22, 2011- Friday. August 26, 2011
Scheduled to return on Friday at 2 pm

Senior Fun Camp is about getting away and enjoying yourself. Activities include dance and exercise, arts and crafts, fishing, games and entertainment. The Senior Services Division, also shows seniors how to better prepare healthy meals while learning how to check their own blood pressure as well as learning how to control/manage their diabetes.

For more information call 202-664-7153 or Jennifer.Hamilton@dc.gov

RESOURCES

SUPPORT FOR GRANDPARENTS

Grandparents Program

The third Thursday of every month, 11:00 AM

Shadd Elementary School, 5601 East Capitol Street, SE, Washington, DC 20019

Learn how to handle the responsibilities of being the primary caregiver to your grandchild. Discuss with other grandparents in similar situations. DCPS Parents Resource Center - Marketta Wiley, marketta.wiley@dc.gov 202-727-7568.

DENTAL CARE – SUBSIDIZED AND LOW-COST

Medicare does not cover routine dental care

- Learn about types of dental care covered by Medicare (http://questions.medicare.gov/app/answers/detail/a_id/56).

Learn about federally subsidized health centers

The federal HRSA subsidizes health centers nationwide that provide dental and medical care on a pay-as-you-can basis.

- Find a federally subsidized health center (http://findahealthcenter.hrsa.gov/Search_HCC.aspx).

Learn about low-cost dental care from dental and hygienist schools

Many dental schools and hygienist schools offer low-cost dental care from dental and hygienist students.

- Find a dental school on the website of the American Dental Association (<http://www.ada.org/267.aspx>).
- Find a hygienist school on the website of the American Dental Hygienist Association (http://www.adha.org/careerinfo/dir_education.htm).

Other Local Resources

- (DC) Find a local dental clinic that charges sliding-scale fees (<http://dc.healthcareforyou.org/default.aspx?P=FindDoctorLandingPage>).
- (VA) The Northern Virginia Dental Clinic provides dental assistance to low-income Alexandria residents. For more information, call 703-746-5901 (<http://alexandriava.gov/humanservices/info/default.aspx?id=8174>).

Other Resources

- (national) The Dental Lifeline Network engages private dentists (nationwide) to provide pro-bono dental care for seniors and people with disabilities (<http://www.nfdh.org/donated-dental-services-dds/state-dds-programs>).

Ms. Senior DC Pageant

Ms. Senior DC Pageant will be held on June 12 at University of D.C. Auditorium at 2:30 pm. The location is 4200 Connecticut Avenue NW. The pageant will choose a talented, inspiring and active lady to represent DC in the Senior America Pageant. Come out and support our queens. For more information and tickets call 202-289-1510 x1170/71.

MS SENIOR DC PAGEANT 2011

“Aging With Style”



Sheila L. J. Poole Ms. Senior District of Columbia 2010

AGE OF ELEGANCE

LOOKING FOR

MS. SENIOR DISTRICT OF COLUMBIA 2011”

Candidate must be a District of Columbia resident age 60 years or older.

Each contestant must display a talent presentation.+

The talent presentation may represent any form of human endeavor– the arts, music, homemaking, literature, etc.

Each contestant must present a statement that conveys her Philosophy of Life and reflects her inner beauty.

In evening wear, contestants should demonstrate elegance, grace, poise and style. Evening gown should be floor length.

For an application, please contact:

Lillie M. Gafford, Phone: 289-1510 ext. 1330

Gertrude Lomax, Phone: 289-1510 ext. 1329

Or call 202-724-5626 for more information



**Government of the District of Columbia
Vincent C. Gray, Mayor**

National Men's Health Week



*is celebrated each year as
the week leading up to and including Father's Day*

June 13-19, 2011

Men's Health Week was first recognized in the United States. The National Men's Health Week Act was passed by Congress in 1994 and signed into law by President Clinton, becoming Public Law 103-264 on May 31, 1994.

Goal of Men's Health Week

The purpose of Men's Health Week is to heighten the awareness of preventable health problems and encourage early detection and treatment of disease among men and boys. Recognizing and preventing men's health problems is not just a man's issue.

Encourage a senior male friend or relative for a visit to one or more of our senior wellness centers.

Model Cities Senior Wellness Center
1901 Evarts Street, N.E. (202) 635-1900

Washington Seniors Wellness Center
3001 Alabama Avenue, S.E. (202) 581-9355

Congress Heights Senior Wellness Center
3500 Martin Luther King Jr. Avenue S.E. (202) 563-7225

Hattie Holmes Senior Wellness Center
324 Kennedy Street N.W. (202) 291-6170

Ward One Senior Wellness Center
3531 Georgia Avenue N.W. (202) 727-0338